

# Community Garden News

## City of Loma Linda

March 2005

### Upcoming Nutrition Workshops

**March 1st**  
Exercise and Heart Dis-  
ease

**March 29th**  
Cholesterol, Fiber, and  
Heart Disease

**April 12th**  
Fat and Heart Disease

\* Workshops  
begin at 6:00 pm  
in the Civic  
Center  
Community Room

Each workshop will  
include a presentation  
and cooking  
demonstration by LLU  
Master of Public  
Health, Nutrition  
Students.  
Food sampling and door  
prize.



## Spring News

### Spring Cleaning

The tool-lending library shed has had a full make-over just in time for spring gardening. Many thanks go out to Jim McIntosh for all his hard work. Thanks to Jim the tools are much more organized leaving plenty of space to access the equipment. Thank You Jim.

If you are interested in signing up for the tool-lending library please contact Joanne Heilman at (909) 799-2810.



Jim with "just like new" tool shed

### Patio Gardening



Would you like to garden, but you do not have easy access to a plot? The Loma Linda Senior Center offers raised bed planters and ergonomic garden equipment for the Loma Linda Seniors. The planters are located in the Senior Center Patio. All you need to do is bring your seeds or seedlings to grow your own fresh and delicious vegetables.

For additional information please call Joanne Heliman at (909) 799-2810.

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California Healthy Cities  
and Communities

## Who Needs a Supplement When You Have a Garden?

Fresh fruits and vegetables are packed with healthy ingredients. They provide an excellent source of vitamins, minerals, and fiber without excess calories. Most people are unaware that these inexpensive, garden fresh foods contain ingredients that offer additional health benefits beyond the typical supplement. The group name for these ingredients is Phytochemicals and they have been shown to promote health, such as slowing the aging process and reducing disease risk. They include:

- **Lycopene** is found in tomatoes, watermelon and pink grapefruit and may aid in reduction of prostate cancer and heart disease.
- **Anthocyanin** is found in blueberries, blackberries, cherries, kiwis, plums and eggplant. This may help reduce the risk of cancer and prevent urinary tract infections.
- **Resveratrol** is found in red grapes, wine and peanuts. Resveratrol may help reduce the risk of heart disease and cancer.

## Farewell

Spring signifies a new season and a new community garden intern. I want to thank all of you readers out there. I have thoroughly enjoyed writing for you and being a part of the Loma Linda Community Garden. I have learned so much. I will forever be a committed gardener thanks to you. I wish you all the best in your future garden endeavors.

*My best to you all*  
- Demera  
Student intern

Nutrition Research is showing there is more value in eating your 5-a-day fruits and vegetables than we ever knew before.

### Black Bean Soup

Serves 4

30 minutes

- 1 tablespoon **canola oil**
- 1 medium **red onion** (5 ounces), diced
- 1 **jalepeño chile**, seeded if less heat is desired, and finely chopped
- 4 cloves **garlic**, minced
- 1/2 teaspoon ground **cumin**
- 1/2 teaspoon dried **oregano**
- 3 cans **black beans** (15 ounces each), drained and rinsed
- Salt and pepper** to taste
- 1/2 cup lightly packed **cilantro** leaves, for garnish
- Lime** wedges, for serving (optional)
- Low fat **Plain yogurt**, for garnish (optional)

1. Reduce heat to medium, and add 1 tablespoon oil. Stir in onion and cook until lightly browned, 2 to 3 minutes. Add jalepeño, garlic, cumin, and oregano; cook until fragrant, and garlic is tender, 1 to 2 minutes.

2. Add beans and enough water to cover (about 4 cups). Bring to a boil. Reduce to a simmer. Season with salt and pepper, and cook for 10 minutes.

3. Using an immersion blender, or working in batches in a standing blender, purée until thick and smooth. If necessary, add water to achieve desired consistency. Serve garnished with yogurt, cilantro and lime wedges.